



thorp  
johansson  
& lundin

## Workout 2A+B + Standards + Weights + Additional info

### Event 2A

4 ROUNDS FOR TIME / TC 9MIN

8 *GROUND TO OVER HEAD (G2OH)*

10 *TOES TO BAR (T2B)*

*(MODIFIED DIVISION: KNEE RAISES)*

12 *BAR FACING BURPEES OVER BAR*

*2 MIN TRANSITION/REST, THEN STRAIGHT IN FOR PART B*

### Event 2B

FOR WEIGHT: 1 RM COMPLEX / TC 4MIN

1 *CLEAN* + 1 *FRONT SQUAT* + 1 *SHOULDER TO OVERHEAD (S2OH)*

## **STANDARDS EVENT 2A**

### ***GROUND TO OVER HEAD (G2OH)***

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- **Start:** Athlete start with the barbell on the ground
- **Barbell cycle:** Athlete can use any movement of the barbell from the ground to overhead.
- **Top position:** athlete must show control in top (overhead) with fully extended knees, hips and arms. Feet in line
- **Dropping the bar** (even after a good rep call) behind the neck is a no rep.

### **TOES TO BAR (T2B)**

- **Start:** Athlete hanging in the rig, arms fully extended
- **Feet need to break the vertical line of the rig/bar for each rep**
- **Top/end position:** both feet must clearly make contact with the bar at the same time within the width of the hands
- **Any grip is allowed**

### **KNEE RAISES (MODIFIED DIVISION)**

**Start:** Athlete hanging in the rig, arms fully extended  
**Feet need to break the vertical line of the rig/bar for each rep**  
**Top/end position;** the top of both knees must break the horizontal line from the hip.  
**Any grip is allowed**

### **BAR FACING BURPEES OVER BAR**

- **Start position floor;** Chest & thighs touching the ground, raising up to standing anyhow.
- **Bar facing body position is required.**
- **Jump:** two foot take off, landing anyhow (one- or two-foot landing)
- **Touching the bar in the jump is a no rep but athlete only needs to re do the jump, not the burpee, from whatever side of the bar.**

**Workout B starts at the same time for every athlete regardless of set time in workout A; TC Workout A + Transition time: Part B start at minute 11**

## **MOVEMENT STANDARDS EVENT 2B**

### ***CLEAN***

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- **Start:** Athlete start with the barbell on the ground
- **Movement:** Muscle / Power / Squat clean / Split Clean is allowed. Hang clean is not permitted.
- **Top position:** athlete must show a fully extended knees, hip, and a full stop in a front rack position before performing the squat. Feet in line
- **A squat clean is allowed but needs to be followed by a separate front squat; 1 squat clean + 1 front squat + 1 S2OH is the correct complex.**

### **FRONT SQUAT**

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- **Start:** front rack position
- **Bottom position:** hip must be below parallel
- **Top position:** athlete must show fully extended knees, hip, and a full stop in a front rack position before performing the S2OH. Feet in line.  
Going straight into a jerk after the front squat, without showing full stop, is not allowed

### **SHOULDER TO OVER HEAD (S2OH)**

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- **Start:** front rack position
- **Movement:** Strict Press / Push press / Push Jerk / Split Jerk is allowed
- **Top/end position:** athlete must show a fully extended knees, hip and arms with the barbell in control overhead. Feet in line.
- **Dropping the bar (even after a good rep call) behind the neck is a no rep.**

## **COMPLEX STANDARDS EVENT 2B**

- **Workout starts with the weight on the barbell from part A**
- **Athlete is not allowed to adjust weight of the barbell until time cap start for part B**
- **Athletes has as many attempts as possible within the time cap**
- **Athlete can adjust the weight anyhow (up&down) throughout the workout/time cap**
- **Last attempt must be completed within the time cap.**
- **The athlete is not allowed to step outside the lifting zone at any time of the lift (no rep)**
- **Any contact of barbell to the ground throughout the complex means that the attempt is over (no rep)**
- **A call for a norep (violation of standards; depth/not stopping and showing control etc.), if the athlete doesn't drop the barbell to the ground, means the attempt is still active.**
- **If failing the S2OH and athlete receives it back to a front rack, the attempt is still active.**
- **Dropping the bar (even after a good rep call) behind the neck is a no rep.**

## WEIGHTS

	Event 2A	Event 2B	(Total weight available)
MEN 18-54	50kg	177,5 kg	
MEN +55	42,5kg	177,5kg	

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WOMEN 18-54	35kg	172,5kg	
WOMEN +55	30kg	172,5kg	

## ADDITIONAL INFORMATION

Each event (2A & 2B) is scored individual.

Workout B starts at the same time for every athlete regardless of set time in workout A; TC Workout A + Transition time: Part B start at minute 11

If more weights are needed for part B athlete needs to tell the head judge before entering the field for part A

Athletes stick to the same category (RX or Modified) chosen for event 1A+B for the rest of the competition and its upcoming workouts.